
A Little Bit More

Could your child benefit from gaining a little weight? Here are some ideas.

“Extra” Ideas

- Switch to whole milk and/or add powdered milk to liquid milk. Use instant breakfast and/or drink milkshakes or malts.
- Make a fruit smoothie, blend - 8 oz yogurt, 1/2 cup half and half and 1 cup fruit
- Eat cheese as a snack, or try a grilled cheese sandwich. Eat cheese on everything—crackers, toast, sandwiches, and hamburgers. Add to casseroles, soups, salads, potatoes, vegetables, rice, pasta, and eggs.
- Eat peanut butter on toast, crackers, sandwiches, celery, apples, or bananas.
- Peas, corn and squash are vegetables with more calories. Drink apple and grape juice.

- Eat more muffins, biscuits, pancakes.
- Put more meat in casseroles. Add meat to soups, salads, or noodles. Fry meats, add more gravy or sauce
- Eat nuts by the handful and add to desserts.
- Add more sour cream, mayonnaise, salad dressing, oil, margarine, butter, gravy, and cream cheese to foods. Use dips. Butter both slices of bread. Eat more fried foods.
- Eat handfuls of raisins or dried fruits. Use more syrup, jam, honey, and canned fruit. Put granola on top of cooked cereal or ice cream.
- Give pudding, ice cream, oatmeal raisin cookies.

It Isn't Easy

Gaining weight can be harder than losing weight. It is hard to just eat more, so try to add calories to favorite foods or foods you are already eating. Look at a food and say “How can I add some calories to this?”
